Tarte aux Poires

7½-8″ / 10″ Pastry *Brisée* or Yogurt Crust   >>

3-4 / 4-6 Pears, halved or quartered if large
1+ c / 1.5 c Water
1/2 / 1 Juice of lemon
2-3 t / 2 T Sugar, honey or maple syrup (for syrup)
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3/4 c / 1 cup Milk (whole)
¼ t / ¼-½ t Stevia (or 1/3-1/2 c/1/2-3/4 c sugar)
2 sm / 2 med Egg yolks + 1 white if needed
1½ T / 2 T Flour
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1. Press pastry into pan, sides;
2. Preheat oven to 400 F
3. Peel, core and cut pairs. Cook in water/lemon juice at simmer, 15-20 min. Add sugar/honey & simmer 5-10 in more. Remove to plate to cool.
4. Reduce syrup until thick; set aside.
5. Warm milk & sugar (if using) in small saucepan.
6. Beat yolks with flour & stevia (if using); add some egg white if needed. **Use immersion blender.**
7. Whisk in warmed milk, a bit at a time until well blended.
8. Arrange pears, cut side down, in pan. Pour custard over and bake 40 min. Remove from oven & allow to cool a bit, then pour syrup over.
9. Bake any leftover custard in buttered cup with more pear, 25-30 min at end of tart cooking time.

Yogurt Crust (Pre-soaked)

7½-8″ / 10″   Ceramic or Quiche pan

1/2 c / 1 1/4 c Whole wheat flour
1/4 c / 1/4 c Unbleached white flour
1/4 t / 3/8 t Salt
1/4 t / 3/4 t Sugar

2 T / 3 T Melted butter
3 T / 4 T Cold butter
1 T / 1-1½ T Plain, unsweetened yogurt
1-2 T /1-3 T Cold water
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1. Sift together flours, salt and sugar.
2. Stir in melted butter, then cut in cold butter.
3. Mix yogurt and 1 T water
4. Stir yogurt into flour mix, working with hands, and adding more water if needed. Dough should be able to form a ball with your hands.
5. Wrap with waxed paper; place in bowl and cover with cloth. Rest on counter overnight (minimum 12-hours). *
6. Let it **warm up** a bit, then roll-out or press into pan. Add coconut flour a bit at a time if too soft.

* NOTE: The overnight presoak starts the biochemical process of germination, breaking down some of the lectins and altering gluten to make them less toxic.